



Re: Novel Coronavirus (COVID-19) 13/03/2020

Dear Families,

There's lots of news and speculation out there about the new strain of coronavirus, and particularly with recent developments relating to inner city school closures, we understand the growing concerns over the outbreak of Coronavirus Disease (COVID-19) and the implications it is having on the community. Importantly it has drawn in our focus on good hygiene practices and how we all have a role to play in community health. This is important even as we head into the normal cold and flu season.

For current, updated information about prevention, treatment, and government measures to address the situation please see:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

A key preventative measure is to maintain good personal hygiene habits such as hand washing and covering coughs or sneezes (in your elbow not hands). Further guidance is available at the website listed above or via the World Health Organization's website:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.

Importantly, at this point in time Peninsula Gymnastics has no confirmed cases of Coronavirus (COVID-19). We know that this time can be worrying for families and their children but we encourage you as much as you can to keep to your normal routine of activities until otherwise notified by the authorities. Children will be concerned by things they have heard, so minimising changes to their daily activities will aid in maintaining good mental health.

What we have done:



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We have put in place the following steps to help minimise the risk of spreading any germs, including colds, flus and the potential of COVID-19:

- Additional signage has been posted in regards to good hygiene practices, to keep these things front of mind. All bathrooms have posters with correct hand washing techniques.
- Additional hand sanitisation stations have been purchased and placed on the walls for easy access.
- As we always have, we are actively taking steps to ensure the venue, equipment and hand apparatus are cleaned daily. High traffic areas like the foyer and KinderGym mat are being cleaned hourly.
- The staff have access to cleaning products at all times and we engage a professional cleaning service for deep cleaning.
- Coaches are being encouraged to wash their hands often with soap and water, and hand sanitiser is accessible to them out in the equipment area.
- We encourage families using our facility to wash / sanitize their hands on the way into and out of the venue.
- Close contact with others is to be kept to the minimum required for safety.
- As always, if an athlete or coach is feeling unwell or presenting symptoms of illness they should not attend classes or the facility.

What you can do:

- Assist in educating your children on correct hand washing behaviours (see attached PDF) The wiggles have a fun little hand washing song for the younger ones in our community and it goes for just over 20 seconds, the ideal length for hand washing https://www.youtube.com/watch?v=z9QBtQ_T5Uo
- Wash or sanitize your hands on arrival and departure from our facility



- Encourage children to sneeze or cough into a tissue and place it immediately into a bin, then wash their hands thoroughly. When a tissue is not available encourage them to cough or sneeze into their elbow.
- Do not attend our facility if you have any cold or flu symptoms. Utilise our make up policy.

Advice for those who have travelled

- In line with the Australian Government health advice, regardless of whether you are displaying symptoms or not, anyone who fits one of these categories should not attend training:
 - If you have left, or transited through mainland China or Iran in the last 14 days (inform Gymnastics Victoria (GV) and your club - you must isolate yourself for 14 days from the date of leaving mainland China/Iran);
 - If you have left, or transited through the Republic of Korea on or after 5 March 2020 (inform GV and your club - you must isolate yourself for 14 days after the date of leaving the Republic of Korea);
 - If you have left, or transited through Italy on or after 5 March 2020 (inform GV and your club - you must isolate yourself for 14 days after the date of leaving Italy); or
 - If you have been in close contact with a proven case of coronavirus (inform GV and your club - you must isolate yourself for 14 days from the date of last contact with a confirmed case).
- Please continue to check the Australian Government website linked above for updates on these categories, and if you have returned from other overseas travel within the past 14 days.

We'll continue to keep families updated if circumstances change or if we are required to cancel classes/close and will do our utmost to minimise disruption to the training of our athletes. In the meantime please be assured we will take all necessary measures to ensure continued safety of all athletes, families and staff.



We appreciate your understanding and assistance. If you have any questions, please contact our team.

Kind Regards,
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